



Narbethong State Special School

Sun Protection Policy and Implementation Plan

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer later in life. Given that students are at school during peak ultraviolet radiation (UVR) times throughout the day, schools play a major role in both minimising student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable. As children spend a portion of their days outdoors, we are committed to protecting them from the harmful effects of the sun. Staff of Narbethong State Special School realise the need to protect children's skin and educate themselves about SunSmart behaviour, thus reducing student's risk of skin damage from exposure to the sun.

Aim

This policy and plan aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide environments that support SunSmart practices;
- Create an awareness of the need to apply safe practices for both students & staff during activities on and off campus.

Procedures

Our school recognises that winter sun may also contribute to skin damage and therefore the implementation of this policy will be throughout the entire year.

The purpose of this SunSmart policy is to ensure all children and staff attending Narbethong State Special School are protected from the harmful effects of the sun throughout the year.

Key Elements

- Personal and Group Sun Safety
- Physical Environment

Guidelines for Addressing Skin Cancer and Sun Safety

	✓ Effective Practice	✗ Practices to be avoided
Overarching Guidelines	<ul style="list-style-type: none"> • Promote range of sun protection habits/practices • Develop positive attitudes towards protecting skin • Challenge cultural complacency to sun exposure • Where possible reschedule outdoor activities • Develop and raise awareness of school's sun safety policy with students, parents and staff 	<ul style="list-style-type: none"> • Rely on sunscreen as the sole sun protection strategy • Use of solariums or fake tanning products for 'safe tanning' • Employ teaching practices that contradict sun safety messages • Failure to set a personal example of the importance of sun safety

Our Commitment

Narbethong State Special School will:

- Ensure staff act as positive role models by practising SunSmart behaviour (i.e. wear hats outdoors, apply sunscreen, wear clothing which provides adequate protection- cover shoulders, midribs and back)
- Assist students to apply sunscreen, wear hats and play in shaded areas
- Use shaded areas for outdoor activities where possible
- Take appropriate measures during times of extreme UVR levels (no outdoor activities)
- Increase the amount of available shade in the school via building shelters/shade-sails etc
- Seek ongoing support from parents and the school community for this policy and its implementation via the newsletter, parent meetings, etc
- Ensure the school dress code supports the SunSmart policy
- Encourage staff/students to wear hats that protect the face, neck and ears.
- Encourage staff/students to keep shoulder and back areas of skin covered with clothing.
- Insist that all students receive an application of sunscreen SPF 30+ broad-spectrum, water-resistant sunscreen prior to outdoor activities whether on or off campus
- Encourage the wearing of sunglasses with staff and students

Our Expectations

Parents/caregivers will:

- Provide a wide-brimmed hat for their child for use at school
- Ensure that their child's clothing provides adequate protection from UVR. The Queensland Cancer Fund recommends clothing with the following features – dark coloured, collars and sleeves, closely woven fabric and a natural fibre.
- Support the school's SunSmart policy and plan in principle and in practices
- Alert the school immediately to any allergy issues which may affect the application of sunscreen to their child

The intent and application of this policy has been considered and agreed upon by:

Considered and accepted by staff: Teacher Representative		
Considered and accepted by P&C Assoc P&C Representative		
Considered and accepted by staff: Teacher-Aide Representative		
Considered and accepted by Admin staff: Admin Representative		